

Wayne County Area
Agency on Aging



October 2020
Issue 123

News For All Seasons

APPRISE



#223692091

Greetings to everyone from the APPRISE staff. We have had a great summer as far as weather is concerned. We could have used a little more moisture but those hot days seemed more like summers from childhood. The brisker air is returning, bringing the autumn colors and the dreaded Annual Open Enrollment Period (AOEP). During the AOEP, October 15 – December 7, one can change their Medicare Advantage plan (Part C) or stand-alone drug plan (Part D).

Plans are required to notify their card holders (also known as beneficiaries) of changes planned for the coming year. However, that information can be easily missed when one is bombarded by a deluge of junk mail, which seems to increase during this time. As a rule, premiums usually rise, some services may no longer be covered, and drugs may be added or removed from formularies. For those who have Medicare Advantage plans, co-pays, deductibles, providers and out-of-pocket (OOP) costs may change. These plans are network based so it is important to check with physicians or hospitals to make sure they “participate” with the plan of choice.

The AOEP does not pertain to those beneficiaries who have a Medicare supplement plan. One does not have to look at charges because plans and coverage remain the same; however yearly premium increases are expected specific to a beneficiary’s age.

One should check one’s prescription plan annually as the best plan is determined by your medications. If one participates in the state’s prescription drug assistance program known as PACE/PACENET, look out for information from that organization. It will advise what plan works best with PACE/PACENET for 2021—follow that direction.

To sum up the choices, one can switch from one prescription plan to another, switch from one Medicare Advantage plan to another, either with or without built-in drug coverage, join a prescription plan if not previously enrolled during your Initial Enrollment Period (IEP) and also change from original Medicare with a supplemental plan to a Medicare Advantage plan. Use caution here! I mentioned the deluge of junk mail--phone calls will also increase. For example, one may be paying \$100 to \$200 more for a supplemental plan and a piece of correspondence or salesperson suggests a Medicare Advantage plan with a \$0 premium with the addition of some dental, vision and hearing coverage. Sounds great—however, those plans have a co-pay for everything one does and most have an out-of-pocket cost of \$6700 before 100% coverage is reached!

Supplemental plans have a higher premium, but between Medicare covering 80% and the company one chooses paying the other 20%, most costs are covered (depending on the plan, of course). Caution is advised—staff has seen consumers with Medicare Advantage plans develop health issues that lead to more copayments. Those consumers often desire to return to a supplemental plan only to discover they are rejected due to pre-existing conditions.

Despite Covid-19, staff is available to assist with enrollments and any Medicare issues by phone or in-person appointments. Contact forms are available for mailing; complete the form and return with your information for an appointment by phone or a less time-consuming office visit. Please call the Honesdale office at 570-253-4262 or Lu in Hawley at 570-226-4209 for an appointment. Submitted by: Pat Perkins

***Suggested meal price:
\$2.50. Milk is included
with all meals.***



5) California Turkey Burger WG Roll Roasted Peppers Broccoli California Raisins	6) Octoberfest Smoked Kielbasa Horseradish Perogies w/ Butter & Onions Cabbage WG Bavarian Pretzels Warm Apple Crisp	7) Open Faced Roast Beef Sandwich w/ Gravy Whipped Potatoes Roasted Carrots Fresh Orange	1) Lemon Fish Whipped Sweet Potatoes Lima Beans Honey Roll w/ Butter Peaches	2) Tuscan Style Chicken w/ White Beans & Tomatoes WG Pasta Marinara Sauce Italian Green Beans Mandarin Oranges
12) All Centers and Offices Closed  Columbus Day	13) Turkey Cutlet w/ Honey Glazed Sauce Red Potatoes w/ Herbs Butternut Squash WG Roll/Butter Cranberry/ Orange Relish	14) Seafood Jambalaya Bok Choy Sautéed In Ginger Pears	8) Roasted Chicken Legs Whipped Sweet Potatoes Vegetable Medley WG Honey Roll/Butter Apricots	9) Hawaiian Pork Brown Rice Peas Corn Pineapple Chunks
19) Hot Ham & Cheese Croissant Roasted Carrots Home Fried Potatoes Tropical Fruit	20) Beef Burgundy WG Noodles Roasted Cauliflower Vegetable Medley Pears	21) Turkey Pot Pie (Dumpling Topping) Harvest Bake Vegetables Strawberry & Pineapple Cup	15) Chicken Enchilada Casserole Salsa WG Orzo Peas Fire Roasted Corn Plantains	16) Beef Stew Sautéed Cabbage WG Biscuits w/ Butter Baked Apple Slices
26) Salisbury Steak w/ Gravy Sweet Potato Fries Green Beans WG Roll/Butter Fresh Orange Sections	27) Fish Tacos WG Tortilla Salsa Diced Peppers Brown Rice Black Beans Peaches	28) Pork Chops Candied Yams Beets WG Roll/Butter Applesauce	22) Orange Juice Pork Cantonese Buttery Brown Rice Chinese Style Veggies	23) Salmon w/Honey Mustard Sauce Whipped Sweet Potato Roasted Broccoli WG Roll/Butter Peaches
			29) Roast beef w/ Gravy Mashed Potatoes Roasted Broccoli WG Roll/Butter Apricots	30) Halloween Frankenstein Salad Chicken w/ Orange Sauce Blood Red Potatoes w/ Herbs Mummy Fingers Beastly WG Rolls Dirt Dessert

Vary Your Protein Routine



Protein foods include both animal and plant(beans, peas, nuts, seeds and soy products) sources. We all need protein, but most Americans eat more than they need. Most people, ages 9 and older, should consume 5 to 7 ounces of protein foods each day, depending on calorie needs.

Some quick tips to vary your protein choices.

- ◆ Choose fish or seafood, twice a week. Select a variety of products that are high in oils and low in mercury, such as salmon and trout.
- ◆ Select lean meat and poultry.
- ◆ Save with eggs. Eggs are an excellent source of protein and much less expensive than meat, fish or poultry.
- ◆ Eat plant foods with protein more often. Try beans and peas (kidney, pinto, black or white beans, split peas, chick peas and hummus) and soy products like veggie burgers and tofu.
- ◆ Consider nuts and seeds. Choose unsalted nuts or seeds on salads.
- ◆ Keep it tasty and healthy. Try grilling, roasting and baking whenever possible. Avoid breading meat or poultry, which adds calories.
- ◆ Make a healthy sandwich. Choose turkey & roast beef (made from left over dinners), canned tuna or salmon or peanut butter. Many deli meats are high in fat and sodium and also costly. Try to avoid them.
- ◆ Think small when it comes to meat portions.
- ◆ Check the sodium – Salt appears as a preservative in ham, sausage, hot dogs and poultry items prepared in brine, and many processed foods such as soups.



AMERICAN CHEESE MONTH

Melt it, toast it, or add it to a salad. October is American Cheese Month!

In the United States, we enjoy quite a list of American cheeses. While you may recognize Swiss and Colby, bleu and cheddar, it's the artisan cheeses that add that extra flair. American cheesemakers across the country provide an abundance of flavor and choice and American Cheese Month sets out to let you know what's available.

The roots of cheese making run deep in the United States and show no signs of stopping. No matter what you're looking for, there is an American cheese that will fit the necessary taste profile. Philadelphia created a soft cheese perfect for baking and dips. Our cheese mongers recommend the ideal cheese to pair with your wine to start a romantic meal. According to the USDA, Americans consumed 34 pounds of cheese per capita in 2015, and they have steadily increased that amount over the last 20 years. We love our cheese. There are so many ways we enjoy it. We add it to soups, salads, pizza and so much more. By itself, it's a go-to snack. We. Love. Cheese. Even better than that, we love American cheeses!

At National Day Calendar, we celebrate cheese days nearly every month of the year! If you eat cheese, there's a day for you. National Goat Cheese Month in August gives you another entire month to celebrate. Some of us wonder about the fuzzy stuff on cheese. There's a day for that, too. National Moldy Cheese Day is October 9. Visit a cheese monger and discover an American cheese you haven't tried before.

Hamlin Senior Center

A NEW LOOK FOR THE HAMLIN SENIOR CENTER

The Hamlin Senior Center was closed September 2 – 14, 2020 as a result of receiving our 2019 Grant renovations. The center has a fresh smell and look with new carpet tiles, floor to ceiling painting and an aluminum roof. There are many people to thank. First, Mary Ursich who has a way with grant writing for success! Also, Jenn Wargo who worked with the contractors, Billy and Roger from the Salem Township and Alex from the Maintenance Department for moving all furniture out and back in again. Roger donated his Lock Boxes to hold the centers belongings. Billy took care of all the electrical items. Pat Perkins came up and emptied boxes and restored order. Chris McConnell came to save us and got our internet server back in working order. Our seniors and myself are very grateful. Submitted by: Becky Klepadlo



UPCOMING EVENTS

Healthy Steps In Motion Evidence Based Class – Wednesdays at 10 AM, 10/7, 10/14, 10/21, 10/28 and Wednesdays in November.

Hamlin Senior Center 22nd Anniversary -10/6/20, celebration, during 10 AM and 1 PM Bingo games. RSVP required

Chair Yoga – Mondays at 10 AM, 10/5, 10/19, 10/26 and Thursday 10/15 at 1 PM

Healthy Steps in Motion regular class – Thursdays at 10 AM, 10/1, 10/8, 10/15, 10/22 and 10/29

Zumba Gold – Thursdays at 11 AM, 10/8, 10/15, 10/22, and 10/29

Shuffleboard Competition – Fridays at 10 AM, 10/2, 10/9, 10/16, 10/23, and 10/30

Bingo – Tuesdays at 10 AM and 1 PM

Brain Games – Mondays at 10 AM

Halloween Gathering – Friday, 10/30. Judging the ugliest, funniest, scariest and the most creative COVID-19 masks. RSVP required

October Birthday

Laura Prumatico



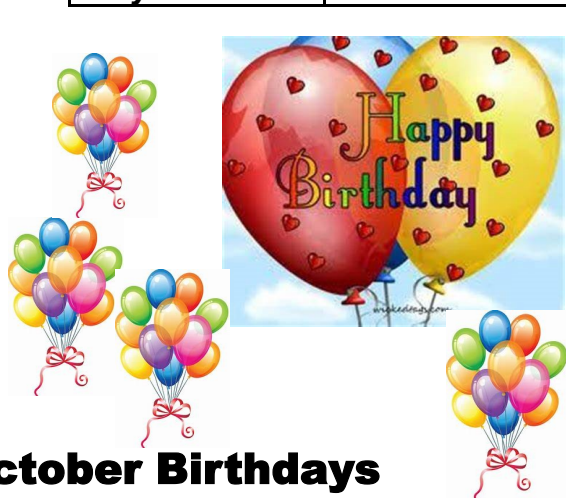
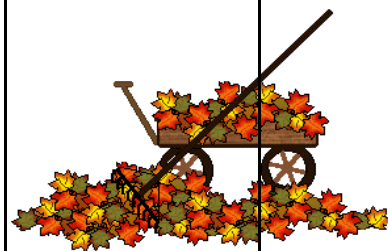
Happy Birthday!



Hawley Senior Center

HAWLEY ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
*9 -3 Exercise Equipment	*9-3 Exercise Equipment	*9-3 Exercise Equipment	*9 -3 Exercise Equipment	*9-3 Exercise Equipment
10:30-11:30 Exercise	1 - 2:15 Bingo	10:30 - 11:30 Exercise	1 - 2:15 Bingo	10:30-11:30 Exercise
1 - 1:30 Tai Chi (<i>small fee</i>)		10:30 - 2 **Ceramics		
<i>*No use of machines between 10:30 - 11:30 Monday, Wednesday & Friday only.</i>		<i>** Donations are appreciated.</i>		



October Birthdays

Frances Lloyd, Valerie Moll, Ann Morgan,
Mia Kwiatkowski, Doris Cory,
George Hazen, Jim Mancuso, Linda Mania,
Douglas LaPasta, Monica Steele and Nancy Davis.



We had the pleasure of meeting Jelly Bean— Pat Gemeinhardt's support parrot. What a beauty.



Honesdale Senior Center



Honesdale News

October 6, 2020 – Oktoberfest Dinner

Break out your lederhosen and dirndl skirts! A traditional German meal of kielbasa and trimmings, including a Bavarian pretzel, is planned to celebrate Oktoberfest. Please call Kathy at 253-5540 to make a reservation by 1:00 p.m. one day prior.

October 30, 2020 – Halloween Celebrated

Please come in costume if you so desire! We will celebrate with favors and some door prizes. The Halloween-themed lunch will be followed by “dirt dessert!” Remember that space is limited, so make your reservations early by calling Kathy at 253-5540.

Ongoing – Drive-thru Meal Pickup Continues

Are you aware that you can get the same daily nutritious meals being served indoors Monday thru Friday via the three centers’ drive-thru services? Reservations must be made by 1:00 p.m. one day prior to desired pick-up day. Honesdale center’s pick-up time is 11:00 AM to Noon. Please call Hawley at 226-4209 and Hamlin at 689-3766 for details on their programs.



Woodstock Recap

The center celebrated the 51st anniversary of the Woodstock Music and Arts Festival on August 14. We enjoyed the showing of the Woodstock documentary, special snacks and rainbow sherbet.

Participants came wearing tie dye, head bands and love beads. Best-dressed prizes were given out for first and second places. Fran Ford won a \$10 gift card for first place and Phyllis Hull won a \$5 gift card for second place. (Thank you to employee Lisa Gilbert for judging!)

Door prizes were a part of the celebration; even the drive thru participants were included. Nelsa Loscig, Phyllis and Richard Hull, and Fran Ford were the lucky winners of tickets donated by Honesdale Jaycees for chicken barbeque dinners for from the Red School House. Honesdale Jaycees is an organization of young adults ages 21-41 that help out the community. Thank you Eliana Reiss for delivering the meals.

Prompton State Park Senior Hike Recap

Eighteen attendees were blessed with beautiful weather on September 11. Twelve people participated in the actual hike, while six stayed behind with Mary Ursich and painted rocks with scenic designs. The rocks were hidden throughout the park to be found by subsequent visitors. A delicious bagged lunch was enjoyed by all. A big thank you goes to our fearless leader Fran Cirelly, who hikes often at Prompton.





Autumn is Here!



HONESDALE ACTIVITIES

SUBJECT TO CHANGE AND LIMITATIONS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-10 Exercise on FACEBOOK "Mondays with Marie"	10:30- 11:30 Exercise 1:00 – 4:00 Billiards	11:00 -12:00 Tai Chi 11:30 Painting Class 1:00 Bingo	1:00 – 4:00 Billiards	10:30 – 11:30 Exercise

NORTHERN WAYNE/LAKEWOOD NEWS

Northern Wayne Fire Hall is not allowing public use of their building until further notice. Therefore we will have to postpone our Satellite in Northern Wayne (1st and 3rd Thursday of the month) indefinitely.



Grief Support Group is offered by Wayne Memorial Hospice and Social Service Departments. This is a free support group designed to help people cope with the grieving process. The four-week session will provide support and focus on grief as a normal part of an individual's transition through life. The sessions will be held Monday evenings from 6:00 until 7:00 from October 5th through October 26th in the Chatlos Conference Room on the second floor of Wayne Memorial Hospital.

For information please call:(570) 241-2685 or e-mail edwardkerb@aol.com. or wal-

sha@wmh.org.

Registration requested. Participants are asked to complete a registration form, which can be found at www.wmh.org

Following hospital regulations during the virus pandemic, all participants must enter through the Emergency Room, have their temperatures checked, wear a mask at all times, and we will assure social distancing during the gathering.





1406 Main Street
Honesdale, PA 18431
570-253-1220
www.waynelibraries.org
Connecting our community

1. Lunch and Learn --October 7 from 12 to 1:00.

Bring a bagged lunch. We will provide bottled water and individually wrapped dessert. Barbara Griggs Pratt, MA, RN, LDN presenting, Clinical Nutrition Manager WMH. We are all on a budget for the things we buy & we all HAVE to purchase food! Especially given recent events, we may have less \$ than before AND food costs have risen! We'd like to provide tried & true measures to assist healthy food buying on a budget and explain which foods truly are healthy and affordable, along with ways to reduce food waste.

2. Autograph Fellowship--October 13, 4 to 5:30

Darrell Pinckney Presents at the Wayne Co Public Library This group .will meet for the first time with the intention of providing instruction on caring for collections to ensure the longevity of signed collections.

3. **Culinary Book Club** will meet on October 14 at 5:00. This month we will read a Julia Child book and prepare one of her recipes.

CONTACT ELIZABETH AT EWILSON@WAYNELIBRARIES.ORG OR 570-253-1220 TO REGISTER OR WITH QUESTIONS.

Retired & Senior Volunteer Program

of Berks, Pike & Wayne Counties

Volunteer Opportunities

Wayne County Food Pantry

Honesdale -Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

-Blood Donor Ambassador, Pillowcase Project, Recruitment

Serving Seniors, Inc.

-Ombudsman

Dawn Houghtaling, RSVP Coordinator

Call: 570-390-4540 or Email: houghtalingd@diakon.org





THE WAYNE COUNTY TRANSPORTATION SYSTEM OPERATES IN SERVICE TO THE CITIZENS OF WAYNE COUNTY. TO ASK ABOUT TRANSPORTATION OPTIONS, PLEASE CHECK OUT OUR AREA OF THE WAYNE COUNTY WEBSITE, UNDER HUMAN SERVICES, OR CALL US AT:

570-253-4280. Monday through Friday 8 AM to 4 PM.



The Salvation Army's Ladore Lodge, along with State Representative Jonathan Fritz are pleased to announce this year's **"Drive Through Senior Expo"** scheduled for **Thursday, October 29, 2020 from 10-12 pm at Ladore Lodge, 398 South Street, Waymart, PA 18472**. Due to this year's safety concerns, current social distancing guidelines, mask requirements and sanitation issues, we will be hosting a **"Drive Through"** event instead of our traditional in person Expo. The Senior Expo provides an excellent opportunity for the area seniors to obtain vital information from businesses providing them with products and services.

WEBINAR

Grandparents Raising Grandchildren



This training will walk you through several different life segments and interactions which from a grandparent's point of view will be vastly different. It also will help professionals supporting these families be able to identify

generational differences and better prepare families for the impact of raising children from potentially different generational lenses. The training will cover such areas as communication, technology and self-care and more. Real life

experiences and shared stories drive home the need to engage all stakeholders surrounding grandparents raising grandchildren.

Tuesday, October 13, 2020 — Video Webinar

10:00 AM to 11:30 AM

FREE

1.5 social work CEUs submitted for approval to NASW

For More Information and To Register,

Email: jdoyle@waynecountypa.gov

JOIN US ONLINE

PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

COVID-19 and Caregiving

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility or care providers are coming into the home.

Dementia Conversations

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Effective Communications Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with dementia. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

Healthy Living for Your Brain and Body

Science is able to provide insights into how to optimize our physical and cognitive health as we age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use incorporate these recommendations into a plan for healthy aging.

Legal and Financial Planning

A dementia diagnosis makes planning for the future more important than ever. Join us to learn about needed legal documents, finding legal and financial assistance, practical strategies for making long-term care plans, tax deductions and more.

Understanding and Responding to Dementia-Related Behavior

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

**TO REGISTER OR LEARN MORE,
CALL 800.272.3900 OR ONLINE
AT [ALZ.ORG/CRF](https://alz.org/crf).**

alzheimer's  association®

Visit alz.org/crf to explore additional education programs.



ARE YOU AT RISK OF FALLING?

Dr. Paul MacKarey, Scranton Times Tribune

Northeast Pennsylvania is home to a large elderly population, and medical practitioners are in a constant search for knowledge and information to prevent or delay age related problems—one of the most devastating of which is falling.

Loss of balance causes falls, which are a leading cause of injury and death. Thirty percent of women and 13% of men over age 65 will fall, 20% to 30% of these individuals suffer moderate to severe injuries.

Preventing falls is not an easy task. A good understanding of the causes of loss of balance and knowledge of a few fall prevention suggestions can enhance your balance and reduce your risk. The Falls Risk Self-Assessment below, from the Centers for Disease Control and Prevention, allows you to determine your risk of falling and take the appropriate steps for prevention and treatment. Score yourself as you go along, then check the guide at the end to determine your level of risk.

1. I have fallen in the past year. Yes=2 points; no=0 points.

Why it's important. People who have fallen once are likely to fall again.

2. I use or have been advised to use a cane or walker to get around safely. Yes=1; no=0.

Why it's important. People who have been advised to use a cane or a walker may already be more likely to fall.

3. Sometimes I feel unsteady when I am walking. Yes=1; no=0.

Why it's important. Unsteadiness or needing support while walking are signs of poor balance.

4. I steady myself by holding onto furniture when walking at home. Yes=1; no=0.

Why it's important. This is also a sign of poor balance.

5. I am worried about falling. Yes=1; no=0.

Why it's important. People who are worried about falling are more likely to fall.

6. I need to push with my hands to stand up from a chair. Yes=1; no=0.

Why it's important. This is a sign of weak leg muscles, a major reason for falling.

7. I have some trouble stepping up onto a curb. Yes=1; no=0.

Why it's important. This is also a sign of weak leg muscles.

8. I often have to rush to the toilet. Yes=1; no=0.

Why it's important. Rushing to the bathroom, especially at night, increases your chance of falling.

9. I have lost some feeling in my feet. Yes=1; no=0.

Why it's important. Numbness in your feet can cause stumbling and lead to falls.

10. I take medicine that sometimes makes me feel lightheaded or more tired than usual. Yes=1; no=0.

Why it's important. Side effects from medicines can sometimes increase your chance of falling.

11. I take medicine to help me sleep or improve my mood. Yes=1; no=0.

Why it's important. These medicines can sometimes increase your chance of falling.

12. I often feel sad or depressed. Yes=1; no=0.

Why it's important. Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

SCORE YOUR RISK: If you scored 4 or more points, you may be at risk for falling. 0-1, low risk; 1-2, moderate risk; 3-4, at risk; 4-5, high risk, 5-6, urgent; greater than 6, severe.

Wayne Memorial Launches Food Prescription Program Aided by Grant from AllOne Foundation

(Honesdale, September 11, 2020)... Wayne Memorial Hospital (WMH) and Wayne Memorial Community Health Centers (WMCHC) supported by a nearly \$300,000 grant from the AllOne Foundation will initiate a “Food Prescription Program” later this month. The program, funded for three years, will first be offered to patients of the Carbondale Family Health Center with expectations of extending to additional WMCHC Family Health Centers in the Honesdale area within the near future.

“It is our hope that through outreaches such as the Food Prescription Program complications associated with medical conditions prevalent within our community can be prevented and ultimately result in fewer lengthy hospital stays,” stated Wayne Memorial Hospital CEO David Hoff.

The mission of the Food Prescription Program is to provide healthful and nutritious meals to adult patients diagnosed with Diabetes, Chronic Obstructive Pulmonary Disease (COPD) or Congestive Heart Failure (CHF) and have identified themselves as experiencing food insecurity. According to the United States Department of Agriculture (USDA) a household with a food insecurity is one where “access to adequate food for active, healthy living is limited by lack of money and other resources.” Based on data collected by WMCHC through a survey tool conducted during regular office visits, a need for food subsidies was identified among some of its patient population.

Carol Kneier, MS, RD, LDN, CDE, community health manager, Wayne Memorial Hospital and coordinator of the Food Prescription Program, explained the process. Participants selected based on diagnosis and the need to overcome food insecurity will be given a monthly “staple box” containing basic ingredients required to prepare meals tailored to their disease state. Grocery vouchers to purchase fresh food such as low fat meats, fruit and vegetables will be distributed along with a packet of over 20 recipes specifically designed to maintain a healthy lifestyle. The final component, and according to Kneier one of the most essential, is that patients will meet either in-person or via video conference with a Wayne Memorial Registered Dietitian who will provide education and guidance.

“A great deal of preparation has gone into launching the program,” stated Kneier. “We’re grateful to all members of our team and excited to start a successful beginning to a healthier lifestyle for our participants.”



Photo: Shown in photo are seated, left to right, Sharon Savakinas, PA-C, Carbondale Family Health Center; Ann Marie Kretchik, MS, RD, LDN, CNSC, clinical dietitian, WMH; Carol Kneier, MS, RD, LDN, CDE, community health manager, WMH and coordinator of the Food Prescription Program. Standing, David Hoff, president and CEO, WMH; John Cosgrove, executive director, AllOne Foundation; Frederick Jackson, executive director, WMCHC; and Kenneth Bannon, PA-C, Carbondale Family Health Center.



• FOR YOUR INFORMATION •

Wayne County's Information and Referral Program is a FREE and confidential service, connecting people to services in Wayne County. 1-866-253-5985 toll free or in the 253 exchange 570-253-5986. Also, contact 211 of Northeast PA 24/7. Text 898211 with your zip code and question. Or on line at: www.pa211.org. Toll free 1-855-567-5341



Production Coordinator: Kathy Robbins

Menu Coordinator: Joanne Pesota

Editor: Clarissa Wimmers

cwimmers@waynecountypa.gov

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax. End of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766; 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

CANCELLED UNTIL FURTHER NOTICE : Northern Wayne

satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February— 1st Thursday only

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.waynecountypa.gov go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative:

323 10th Street, Honesdale: For an appointment call 570-253-5970, ext3114 or email: va@waynecountypa.gov

The Wayne County Adult Day Service We are accepting applications for new participants. To contact the Hawley Center please call: 570-390-7388; fax 570-390-4564

Wayne County Area Agency on Aging
323 Tenth Street
Honesdale, PA 18431
570-253-4262 / 570-253-9115 fax
Elder Abuse/Protective Services:
800-648-9620

